



Journey to Healing

A newsletter for survivors of suicide

First Quarter 2012

Journey to Healing is a newsletter for survivors of suicide. Survivors are those of us whose lives have been changed by the completion of suicide by someone we knew. Journey to Healing is intended to let survivors know that you are not alone. If you would like to contribute an article or story for this newsletter, please send it to: Becky Kay, c/o Mental Health America of Greenville County 429 North Main Street, Suite 2, Greenville, SC 29601.

Survivors of Suicide Support Group – this group meets the 1st Tuesday of each month from 7:00 – 8:30 PM at St. Michael Lutheran Church, 2619 Augusta Street, Greenville, SC 29605. There is also a closed program for eight weeks designed to help adults, teens and children.

As we grow and recover, it is important to remember that the most powerful aid that SOS can provide new survivors is the companionship of others who have endured the same type of pain. For SOS to work at its best, we must continue going to meetings to help others after we no longer need to go to be helped.

SOS Support Team

This team of survivors who volunteer their time to reach out to survivors in need is available to anyone who feels the need to share with another survivor by phone or personal visit in between meetings. Please call CRISISline at 864 271-8888 to arrange a call or visit from a team member.

After the Suicide: How to Cope When a Loved One Takes Their Own Life

~ By Cynthia Hickman

You are left with an endless question: “Why?” Scenarios go round and round in your head: “*What if I had just... what if we had tried... what if, what if...*” None of this gets you any closer to an explanation and you are still left with the pain and the grief. Someone you loved has completed suicide. You didn’t choose this – they did. Now they have gone but you are left to deal with the aftermath.

Every fourteen minutes someone completes a suicide according to AFSP. There is no single cause in any suicide. Rather, there are usually multiple contributing factors. To most people, though, it seems incomprehensible to actually carry out the act of taking your own life. We may have fleeting thoughts of “*This is too much – I’ve had enough*” when we are in difficult life stages, but we don’t really consider suicide as a way out. News of a suicide stuns most people and its impact is devastating to those who knew or loved the individual. If you are dealing with the loss of someone bereaved through suicide there may be many after-effects. There can be a confusing tumult of emotions including guilt, shame, rage and depression.

There may be a loss of energy and disturbed sleep. Intrusive recollections of the suicide may repeatedly play through your mind. You wonder how to tell people. *What will they think?* How will you get through the next week without the person and then there’s also the next Christmas! A death by accident, illness or old age is explicable, but suicide...it didn’t have to happen.

SELF-BLAME

We live in a very rational culture. Everything is supposed to make sense, so for every effect we look for a cause. Therefore, when someone completes suicide we try to explain why they did it. For loved ones this process can actually turn to self-blame. We go back through the days leading up to the suicide to see if there was anything we could have done differently. Worse, we may begin broader questioning: “*Was I a bad parent/spouse/ child/friend? Did I do things that contributed to their death? Is it my fault? Am I to blame?*”

Coping with the death of a loved one is difficult enough, but this questioning process turns it into torture. These questions are not realistic; they are expressions of the guilt we feel. Suicide seems like a preventable death, so we believe that if we had done something differently we might have stopped it. Everyone at some time does things that contribute to a loved one’s unhappiness, anger or sadness. No one is the perfect spouse, child, friend or parent. This inevitable imperfection, however, cannot be equated with causing someone to take their own life. Otherwise, every single family would have a suicide. You cannot be the cause. The person would have died, anyway, whatever action you did or did not take. They made this choice, not you. You are not responsible.

In truth, there are many concurrent factors that may contribute to suicide, but they don't explain why someone would take that final step. Others in similar situations don't. Yet this person did. You are not to blame!

SHAME

For some people left after a suicide there may be concern about the stigma involved. What sort of person are you that this could happen? You may wonder if people are talking behind your back. Are they avoiding you? You may use people's discomfort as evidence they think badly of you. Generally, however, it's because people are shocked and have no idea what to say to you. People have enough trouble dealing with others' grief let alone when it's over suicide. So rest easy. People usually want to help; it's just that they have no idea how. If it seems like people are withdrawing, it may be from a desire not to intrude too much. It is not a rejection of you. They may be giving you space to protect you from having to talk about it. So let your friends know what you need. Do you feel like talking or not? Do keep in mind that if you avoid discussing your feelings you will become isolated.

Admittedly, in our culture we generally keep family issues hidden. We don't want addiction or depression known about. Suicide, however, is much harder to hide. It brings family difficulties into the open. If you can move past your reluctance to speak about what went on, you have a better chance of moving through this difficult time. Talking helps us process things and sharing the load lightens the load. If you don't tell people the truth, you are telling yourself that it's something you must keep hidden. Your unconscious will then translate this into: *"This is something I should be ashamed of."* So as well as grief, you will be burdened by shame. What's more, when you hide feelings they generally surface in other ways. You may find yourself getting irritable or angry with people as you look for somewhere else to put the blame. This can cause rifts with family or friends, isolating you even more. It only serves to keep you stuck and unable to move through the grief process.

ANGER

People may be surprised by the confusing mix of emotions they feel after a suicide. They love and miss the person but also feel great anger towards them. How dare they do this to you? How could they leave you with such pain? How could they be so selfish? After these angry feelings subside you end up feeling guilty about being angry with someone who has died. So your next strategy may be to idealize the person in order to hide the anger. It can be hard to contain such a mix of feelings! Usually, we don't want to think ill of the dead, but talking about your anger is not vilifying the person. They were not a bad person, but they did choose a bad way to try to solve their problems. It's completely understandable that you would be angry with them. There's no need to feel guilt about this. In fact, anger can be a healthy sign. It means you can still think of yourself and the life you want to live. You care about your own life and regret that you won't get to share further life experiences with the person. Their selfish act is your loss. So don't be afraid to feel the anger and speak about it.

DEPRESSION

Depression is a common response in those left behind after suicide. The event seems to negatively color everything in life afterwards. Some people feel abandoned and rejected. They are haunted by questions like: *"Why did they leave me? What was wrong with me that they did this? Why wasn't I worth staying alive for?"* It's important to realize, however, that your loved one didn't leave you. Their action was actually nothing to do with you. It was about their pain and their inability to deal with it. They were only thinking of them at the time. Some people left behind after suicide may feel they don't have the right to enjoy life any more.

They may deliberately deprive themselves or not look after themselves. Others may resort to some form of substance abuse to numb the pain. Some survivors may have fleeting thought that suicide would take their pain away. It's common but definitely not healthy to ruminate on how your loved one completed suicide and to contemplate it yourself. Please get professional support if you find yourself in any of these scenarios.

RELIEF

It is not uncommon for people to feel relief when a loved one commits suicide, but they may feel guilt and surprise about this reaction since it's unexpected. To them it seems a heartless or mean response, so they keep it a secret. As always, it's better to find a place where you can have an outlet for such feelings. They are completely understandable, especially if the loved one had been suffering for some time before their actual suicide. Some families have had to go through the torment of dealing with the addiction or mental illness of their family member over a long period of time.

There may have been a difficult history of emotional or financial strain. It can be like a great burden has lifted once it's all over. Now there's no more need for the endless worrying, rescuing and supporting. No more frustration or despair. There can be acceptance and relief because now the loved one is no longer in pain, and some may feel that in death the person finally finds peace.

IMPACT ON OTHER RELATIONSHIPS

Suicide can often have a detrimental effect on the relationships of those left behind. Just when support is so vital it may not be available. This can cause further rifts in the family when there is already enough pain. For example, a couple who have lost a child may be in so much pain they cannot give their partner the nurturing or support they need. It may be difficult even to perform the usual daily tasks let alone be emotionally responsive to another. There may therefore be a withdrawal from relating that can lead to feelings of disappointment and frustration. Some partners just cannot bear to around the other's pain. It is too excruciating. Alternatively, the other's way of grieving may be too fast or it may be too slow. The partner may talk too much or not enough. This understandable mismatch in the grieving process can lead to annoyance and isolation.

Sometimes one person may take on the support role for the other's pain. This may work for a while, except they are ignoring their own need for comfort. This may result in resentment simmering underneath, which will surface at some stage, causing relationship difficulties. An adjustment back to mutual support will have to be made.

Other relationship stress results when one person becomes so afraid for the safety of their remaining loved ones that they become smothering and overprotective of them. Or a person may find the anger and pain too much to bear so they look to blame and scapegoat someone else. All these are understandable responses but they make it difficult for the relationship to survive intact. It's important to get help outside the family system if this is occurring.

SUPPORT

It is important to accept support when dealing with suicide. Family and friends may be enough. You may also find, though, that a suicide support group is useful. It's good to join a specific suicide survivors group rather than a bereavement group because other grieving people may not understand what you are going through when suicide is involved. It can be a relief to find you are not alone. As each of you shares your story you will discover how helpful you can be to each other. You will find it easy to forgive others when they get lost in the pain of self blame. And as you forgive others, you begin to forgive yourself. There are also things you can do to support yourself. Writing is good because it's not influenced by anyone else. Don't censor what you write; just allow it to flow. As you do so, you may find true feelings coming to the surface. This helps you to sort through your emotions and helps stop the constant ruminating in your head. Write about any unfinished business you had with your loved one. Write directly to them as often as you need. You may also find it useful to read about others' experiences by becoming volunteers on the telephone help lines. Do, however, be careful of "suicide survivor" becoming your permanent identity. At times you may feel your grief is proof of how much you loved the person. You may feel like it's a betrayal to be happy again. So you sabotage any good feelings and keep yourself unhappy. You therefore stay stuck in the role of: "I had a suicide in the family." But your continued pain is not proof of love. You know how much you loved the one you lost. You must now love yourself enough to move on and face the future. Your loved one didn't choose life, but you can. If, after a good deal of time has passed, you still cannot see any point to your own life, it's important that you get professional help to move through this. This isn't a sign of weakness, but a sign that you have hope for the future – you are choosing well!

THE FUTURE

Dealing with suicide is a difficult process with no easy way through. It means you will have to face your inner self and you may not have done this before. This process may also bring other issues to the surface along the way. You will have to confront painful and uncomfortable feelings and you may decide it's helpful to have someone assist you to sort this through. Be prepared for "anniversary" feelings. These are emotions that arise on the same day or date on which the suicide occurred. These markers can be weekly or monthly to start with. When they are this frequent it's good to change your routine on these days so you don't get stuck on morbid recollections. It's important, however, to perform rituals for remembering and reminiscing. Just create a time and place and method to limit this process so it isn't constant. Expect feelings to arise some time before the actual date. On the day, choose a memorial ritual that suits your style. It may be something you do alone or you may share it with others. It may take place at the cemetery, at a place you associate with your loved one or at home. Find what works for you.

Ultimately, you will have to come to terms with never finding a satisfactory explanation for what happened. You begin to find a sort of peace when you give up searching for answers and instead accept that you can never really know. The simple truth is noting you do can change the fact they are gone. Of course, the pain will still come every so often, but in time you remember the good things, too. Along the way, you will have developed understanding and compassion for others. There will also be self-forgiveness and new self-awareness. You realize that the sorrow of the past does not have to stop you having joy in the future.



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Within Our Circle – A Broken Heart Still Beats

Through My Heart: A Meandering Creek

My older brother Bobby and I had a very special bond between us. As a small child, he was my greatest source of entertainment. Our bedrooms were diagonally across the hall from each other and I remember lying in my bed watching him bounce up and down on the foot of his bed. His dark shiny hair, his big soulful brown eyes and a smile that lit up the night! We played our own imaginary games and spent endless hours together having fun and making wonderful memories. As life whirled about us and swiftly moved us forward, so many memories were being etched in my heart – as if we were blinking an eye, my life as a sibling came to an earth shattering end.

As adults, Bobby lived in a much different world than I imagined. Where my world was filled with two remarkable sons, loving family, wonderful friends and so much more, Bobby's life was filled with hidden sadness and his own demons that clattered around him. The day Bobby took his life by suicide, my life and the lives of everyone around me, drastically changed. It seemed that the cool water of my creek dried up that hot July night. I remember that night so vividly. The night air was hot and humid and as I sat on the cool green grass of my parent's yard, I couldn't believe what had happened. How could Bobby have been so lost and alone? Why didn't he tell me how horrible he felt? So many times in my adult life, when the waters of my creek were flowing swift and rough, he held my hand and spoke softly saying ... "Mis, it will be okay." Why didn't I have the chance to hold his hand and tell him it would be okay?

My heart, my world was a dry creek with ugly jagged rocks. Even though we were in the heat of the summer, the next few weeks after Bobby's death were dark and cold for me. I felt so lost and alone.

Eight months before Bobby completed suicide, we lost our younger brother Mike in an automobile accident. My life as the middle child ... a younger sister and an older sister ... had come to a screeching halt. My life as a sibling had ended. I was so angry with Bobby for leaving me here alone and for making me an only child. I was afraid to even think how I would handle life going forward. I felt the weight of the world on my shoulders. I no longer had a brother, my mom no longer had sons, and my sons no longer had uncles. It ended with me and I am all that's left of three.

As time has passed, the creek of my life has slowly filled back up with much needed water. Its banks are covered with life and the water is beautiful, cool and peaceful. The rocks are still there but have been smoothed by the flowing of the water. These rocks are the foundation of my life and without them I would not be who I am today. I am a daughter, a mother, an aunt, a friend, and yes, I am still a sister.

Missy Craven





Inspirational

In February we celebrate the birthdays of two of the great statesmen of our country, we commemorate the birthdays of George Washington and Abraham Lincoln. They are two of the most important icons in our nation's history. George Washington brought to the presidency a sense of dignity and service while eschewing any regal titles or other aristocratic trappings. Abraham Lincoln saved our country from being split into two different federations. It was through his leadership that we were able to survive and thrive as a single country. These two men are rightly lionized because of their leadership and their dedication. They are remembered fondly because of what they did for our country. Their legacy is very rich.

One of the fears of survivors of a completed suicide is the legacy of their loved ones. Are people going to remember these loved ones by their final act of desperation? Is their suicide going to be their lasting legacy? In the immediate aftermath of the suicide people are going to remember these loved ones by this act. During the initial stages of the grief journey the suicide is in the forefront of the journey. The suicide is not the defining issue but it certainly is very present during this part of the grief journey. It is very difficult to ascertain how long the issue of the suicide is going to remain as one of the important aspects of the survivors. In time the fact that this loved one took their life is going to take second place and will no longer be paramount to the person's life and death. These people who found life too painful to endure are greater than the way they died. These loved ones had a greater and richer legacy than how their lives ended. They brought much happiness and joy to the members of their families. There might have been times of struggles and pain but there were also many good times with their loved ones. Survivors look back and recall some of the great qualities and characteristics that these people brought to the world. The world is at a great deficit because these people are no longer a part of creation. Families experience a great void since the death. These people are remembered as having brought a great deal of talent and creativity to their families and their circle of friends. Were they perfect? Obviously not but who of us is perfect? The main point is that these loved ones were much more than how their lives ended. Their lasting legacy is not their suicide but is the totality of their lives.

In the immediate aftermath of the suicide, survivors want to make sure that other family members and friends know that there was much more to this person's life than how they died. Survivors almost want to protect their loved ones so that people don't think less of this person because of how they died. Survivors go to great lengths to ensure that the surrounding community knows a lot about this loved one and the many talents that they possessed. This is a very normal reaction because of the stigma that is often attached to suicide. Many segments of society have a very skewed impression of people who complete suicide. Society is very ignorant about mental illness and those people who are suffering from such an illness. Survivors almost feel as if they have to apologize about how their loved one died. Such a reaction does not happen if the death is by some other means. People don't feel that they have to explain or defend a loved one who has died from cancer or heart disease or some other illness so why the necessity to defend someone who has died from suicide? The answer is because of the ignorance of our society and because of the stigma attached to suicide and mental illness.

The family who has lost a loved one to suicide oftentimes are under the impression that they have to explain that the family is a very normal one. They almost feel obligated to explain that they are not a dysfunctional family. I remember working with a family years ago and the younger son didn't want anyone to know how his father had died because he didn't want anyone to conclude that he came from a dysfunctional family. I explained that we all come from dysfunctional families and some are more dysfunctional than others but there is no such thing as the perfect family like Ozzie and Harriet or the Brady Bunch. Those are made for T.V. but they do not exist in real life. Every family has to deal with some negative issues that can cause stress on other members of the family. None of us comes from the perfect family system.

In time how a person died is going to fade into the background. It will never be forgotten but as time goes on it is no longer the defining issue in a person's life and the legacy is a much richer and more fruitful one than remembering that the person died from suicide. All of our lives are laced with wonderful accomplishments and these will live on long after we have gone to the hereafter. People who find life too painful to continue are no different than the rest of the population. Like everyone else they leave a very rich and rewarding legacy. It is up to the survivors to remind the rest of the world that these loved ones had a plethora of talents and the world is better off that they lived here and there is a real deficit in the world since they have died. No one is completely bereft of worth and talent and it is up to the survivors to remind the world of this fact. My suggestion is for survivors to remind the world of the worth of people who found life too painful to continue.



Reflections by Becky

We are in the second month of a new year. I am sure that everyone is tired of the “Happy New Year” greeting and all that goes with that hoopla. Many survivors breathe a sigh of relief once that the holidays are over because the decorations come down and routines get back to a more normal schedule. Holidays can be very stressful for our family members because of that missing loved one. Survivors might have had to tell people who are out of town or who might not have known about the suicide that in fact a loved one died from suicide. This telling the story over again is a revisiting of the tragic event and stirs up the beginning pain all over again. This is but one example of the painful journey that is a part of every survivor’s journey.

With the New Year behind us there is the continuing of the journey of grief for survivors. Once that first year has passed for survivors about the only thing that can be safely said is there are no more surprises for the survivors. Every important date has passed without this dearly loved one. Dates such as all of the holidays and birthdays and anniversaries and other significant dates have been observed and hopefully that loved one was remembered on those dates. For the most part society gives grieving people one year and then it is back to business as usual. Survivors hear some very ridiculous and offensive comments such as, “You should be over this by now” or “Hopefully, you are now moving on with life”. People do not understand the pain and that the journey takes more than one year. It literally takes a lifetime. I don’t want survivors to misconstrue what is meant. To survive the loss of a loved one from suicide one is going to spend the rest of our lives dealing with this experience. It does not mean that survivors are going to be in excruciating pain for the duration of their lives but it does mean that the impact of the suicide is going to be part of the future and will shape the future.

After the initial process of the grief journey where the pain is so excruciating and at times seemingly intolerable there is that period where the pain is gnawing and dull but it is still there. There are going to be some good days and there is going to be laughter and the return of a semblance of normalcy but there is still the pain in the background. For friends and extended family life has moved on and while they are still supportive of survivors there is a marked difference in the attention that is paid to those surviving the loss of a loved one. The newness of this loss has worn off and people have moved on with their lives and they presume that survivors have also moved on. In a sense they are right. Survivors have moved on but there is still that gnawing pain that rears its ugly head from time to time. It is this aspect of the grief journey that is very misunderstood. There are the lingering questions and feelings that are still a part of the lives of survivors. They are not as prominent and painful as they were at the beginning but they are still there. These questions and feelings are still being assimilated into the lives of survivors. While the question of WHY is no longer a predominant one it still pops up from time to time and survivors have to revisit this. The same can be said about the myriad of feelings that are part of this journey. The feelings of guilt and shame and embarrassment or anger have been dealt with but again they are going to crop up in the future. This is not unusual nor is it a sign that there is something wrong with how the survivor is dealing with the feelings. This is all a part of the grief journey.

Survivors often ask the question about the length of the journey. It is very important that they are given a correct response. The usual answer is that this journey is a very lengthy one. It is a normal reaction to want this painful experience to be over as quickly as possible. Survivors want to move on with their lives and all around them people are wishing that this experience can be put to rest and that it will be over. The fact is that this traumatic experience is never completely over. Will survivors become “professional mourners” for the rest of their lives? The answer is no. However, it is important for people to realize that a traumatic event such as losing a loved one from suicide is going to follow a person for a very long time. Survivors are going to remember this event for the duration of their lives. Will they get over it? Not really but they will learn to live with it. Can survivors ever be happy again? Most certainly the answer to that question is yes survivors can be happy in the future. All of this hinges on how well survivors are able to incorporate this event into their lives and into their psychic makeup. That is the biggest task of those on the grief journey. At the beginning of the journey survivors are wishing that they had never experienced such an awful thing such as losing a dearly loved person to suicide. That is one of the worst nightmares that anyone can imagine. Survivors are under the impression that they are going to feel the excruciating pain forever. They are never going to experience joy or pleasure again. This is a very normal reaction. The question that survivors ask is “how can I possibly go on living without this person in my life?” That is a very critical and crucial question to ponder.

The person who died played a very important part in the lives of survivors. At the beginning of the journey survivors cannot even fathom living without this person. Without this person life for the survivors is not worth living. It is only as the grief journey plays itself out that survivors make the adjustment and come to the realization that there is life after losing a loved from suicide. This is not something that takes place quickly and easily. Life after a suicide will become fruitful and joyful only after a very lengthy and painful adjustment. There are no shortcuts and there is no pain free way to accomplish this herculean exercise.

After the initial newness of the suicide has been experienced then the real work begins. The newness can be defined as that time period when all of the firsts take place. Once that is over then the work of going on with life begins and this takes a long time to adjust. It is during this period that patience is paramount. The survivor needs patience to allow one's life to evolve and those around the survivor need patience to allow the survivor to make the adjustment. There is a lot of work and effort that goes into this period of the grief journey and patience is the key component needed to traverse this part of the journey.

It is my prayer that you will find our support group and join us – at this group you will find mutual respect and awareness of your kind of grief and the support can bring you eventually back to a place of imperfect peace. Join us in our safe place on your unsafe journey.

Grace and peace,
Becky



Memories of You

*I remember everything about you,
your voice, your smile, your touch,
the way you walked, the way you talked,
the way you looked at me, meant so much.*

*I remember all the words you said to me,
some funny, some kind, some wise,
all of the things you did for me,
I see now with different eyes.*

*I remember every moment we shared,
seems like only yesterday,
or maybe it was eons ago,
It's really hard to say.*

*You are gone from me now,
but one thing they can't take away,
your memory resides inside my heart,
and lights up my darkest days.*



BLESSED are those who recognize our grief is compounded; that we grieve the death of a beloved person, but foremost, we grieve the cause of the death...suicide.

BLESSED are those who give us permission to mourn the loss of one dearly loved, free of judgment, censure and shame.

BLESSED are spiritual guides who relieve our concerns for the repose of our loved one's soul with the truth that God is All-Knowing, All-Loving and All-Forgiving.

BLESSED are those who don't offer the meaningless cliché, "Time Heals", because, for a long while, the passing of time holds no meaning or value for us.

BLESSED are those who don't say, "I know just how you feel," but instead say, "I am here for you. I will not tire of your tears or your words of sorrow and regret."

BLESSED are those who have the patience and love to listen to our repetitive obsession with WHY? Without offering useless answers or explanations.

BLESSED are those who reaffirm the worth of our deceased beloved by sharing memories of his/her goodness and times of fun, laughter and happiness.

BLESSED are the mental health care providers who explain to us that, very probably, our loved one died of a terminal illness called depression.

BLESSED are those who challenge our sense of omnipotence with the reminder that no one has enough power or control over another to cause them to end their life.

BLESSED are the first responders to our loved one's suicide who try to relieve our sense of guilt and responsibility by assuring us: "This death is not your fault".

BLESSED are those who lend acceptance to the value of the relationship we shared with the one who died by allowing us to speak of them and 'what might have been'.

BLESSED are those who allow and encourage us to use our loved one's death in a manner that gives our loss and grief meaning and purpose.

BLESSED are those who do not expect us to find "closure," "grief resolution," "recovery" or to "be healed," understanding that these terms will take the rest of our life.

BLESSED are community caregivers who direct us to suicide bereavement support groups where our anguish is understood, our loss validated and where we are encouraged by the example of others who have traveled this road before us.

BLESSED are long-term survivors after suicide who role-model that not only can we survive, but, in time, we can thrive...we can regain peace of mind, restored confidence, renewed productivity and a revived zest for living.

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If you are interested in having a part in the *Journey to Healing* Newsletter we welcome your poems, articles, newspaper clippings or readings that have been helpful to you. This newsletter should be not only an instrument of healing, encouragement and education but also a reflection of who we, the survivors are and who we have become. We need your help and input to make this meaningful for everyone and invite your feedback to tell us what additional information you would like to see addressed. Thanks!

*May the road rise up to meet you.
May the wind always be at your back.
May the sun shine warm upon your face,
and rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of His hand.*

♥ Irish Blessing ♥

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Bringing wellness home.....